

CARE Delaware Caregiver Resource Centers are available in local communities throughout the state. Those marked with a symbol below have staff on-hand, part time, to provide one-on-one assistance to caregivers. If you would like to visit with a staff member, please call ahead for an appointment. This will allow our staff to plan sufficient time to help you with your needs and interests.

NEW CASTLE COUNTY

Appoquinimink Community Library
118 Silver Lake Road
Middletown, DE 19709
(302) 376-4190

Bear Public Library
101 Governor's Place
Bear, DE 19701
(302) 838-3300

Corbit-Calloway Memorial Library
2nd & High Street
Odessa, DE 19730
(302) 378-8838


Graham Senior Center
1709 Gilpin Avenue
Wilmington, DE 19806
(302) 655-0266

Hockessin Public Library
1023 Valley Rd.
Hockessin, DE 19707
(302) 239-0706

Howard Weston Senior Center
1 Bassett Ave.
Manor Park
New Castle, DE 19720
(302) 328-6094

Kirkwood Highway Library
6000 Kirkwood Hwy.
Wilmington, DE 19808
(302) 995-7662

Mid-County Senior Center
First Regiment Road
Wilmington, DE 19808
(302) 995-6555

 **Newark Senior Center**
Staffed Resource Center
200 White Chapel Drive
Newark, DE 19713
(302) 737-2336



This symbol refers to Staffed Resource Centers.

CAREGIVER
RESOURCE CENTERS

St. Anthony's Senior Center
1703 W. 10th St.
(1st. Floor)
Wilmington, DE 19805
(302) 421-3735



Wilmington Senior Center
Staffed Resource Center
1901 N Market Street
Wilmington, DE 19802
(302) 651-3401

Women's Resource Center
800 N. Walnut Street
Wilmington, DE 19801
(302) 654-3103

KENT COUNTY



Modern Maturity Center
Staffed Resource Center
1121 Forrest Avenue
Dover, DE 19904
(302) 734-1200

SUSSEX COUNTY

Senior Companion Program
First State Community
Action Agency
Stanford L. Bratton Building
308 North Railroad Ave.
Georgetown, DE 19947
(800) 372-2240



Bridgeville Senior Center
(Staffed Resource Center)
414 Market Street
Bridgeville, DE 19933
(302) 337-8771

Delmar Public Library
101 N. Bi-State Blvd.
Delmar, DE 19940
(302) 846-9894



Georgetown CHEER Community Center
Staffed Resource Center
20520 Sandhill Rd.
Georgetown, DE 19947
(302) 854-9555

Greenwood Public Library
Mill Street
Greenwood, DE 19950
(302) 349-5309

Harbour Lights CHEER Senior Center
34211 Woods Edge Drive
Lewes, DE 19958
(302) 645-9239

Laurel Senior Center
P.O. Box 64
13 N. Central Ave.
Laurel, DE 19956
(302) 875-2536

Milford Senior Center
111 Park Avenue
Milford, DE 19963
(302) 422-3385

Milton Public Library
121 Union Street
Milton, DE 19968
(302) 684-8856

Millsboro Public Library
203 Main Street
Millsboro, DE 19966
(302) 934-8743

Nanticoke Senior Center
310 Virginia Avenue
Seaford, DE 19973
(302) 629-4939

Rehoboth Beach Public Library
226 Rehoboth Ave.
Rehoboth, DE 19971
(302) 227-8641

Seaford District Library
402 N. Porter Street
Seaford, DE 19973
(302) 629-2524

South Coastal Library
43 Kent Ave.
Bethany Beach, DE 19930
(302) 539-5231

**Caregiver Resource Centers are the result of partnerships between the Delaware Division of Libraries, public libraries and senior centers, and the Delaware Health and Social Services Division of Services for Aging and Adults with Physical Disabilities (DSAAPD).

Helping you
give care,
and
take care...



CAREGIVER RESOURCE CENTERS

CAREDelaware
Caregiver Assistance-Respite-Education



CHEER has three new centers in Sussex County. Call 302-854-2886 for more information.



RESOURCES TO HELP YOU COPE.

If you’re responsible for the care of an older spouse, friend or relative, you know that every day presents new challenges – both in giving care, and taking care of your own health and well being.

Caregiver Resource Centers** provide information and resources to help you make the best of your situation. Located throughout the State of Delaware, Caregiver Resource Centers offer training videos, comprehensive resource directories, books, pamphlets and other informational materials on a variety of caregiving topics.

At some resource centers, you can also make a personal connection. These centers are staffed with part-time resource specialists who can talk over your situation and help you find the information and support that can be most helpful to you.

For the challenges you face today, and the decisions you’ll face in the future, CARE Delaware Caregiver Resource Centers offer the assistance you need to find solutions, and make the right choices.

CARE DELAWARE: WE CARE FOR YOU

CARE Delaware provides a full range of support and services for caregivers caring for older adults, including respite programs, skills training, grandparent support (for older individuals caring for children), and connections to local, state and national resources.

For additional information about Caregiver Resource Centers, or assistance with caregiving concerns, call (800) 223-9074 and ask about the CARE Delaware Program. Or, visit www.dsaapd.com .

RESOURCE CENTER MATERIALS

CARE Delaware Caregiver Resource Centers offer a wealth of information on specific topics related to caregiving and maintaining your own physical and emotional health. Whatever your interest, you’re sure to find the help and information you need.

Listed below is a just a sampling of the books and videos available. Materials can be viewed at your local resource center, or checked out for use at home.

Books

CARING FOR AN OLDER LOVED ONE

- *The Comfort of Home: An Illustrated Step-by-Step Guide to Caregiving*
- *The Complete Elder Care Planner: Where to Start, Questions to Ask, and How to Find Help*
- *The Spiritual Journey of Love, Loss, and Renewal*
- *The Carebook: A Workbook for Caregiver Peace of Mind*
- *The Home Care Companion’s Quick Tips for Caregivers*
- *The Magic of Humor in Caregiving*
- *How to Care for Aging Parents: A Complete Guide*
- *Guide to Services for Older Delawareans*

HELP FOR CAREGIVERS

- *Taking Time for Me: How Caregivers Can Effectively Deal with Stress*
- *Daily Comforts for Caregivers*
- *CareSeries:*
 - *Preventing Caregiver Burnout*
 - *Creative Caregiving*
 - *Coping with Caregiver Worries*
- *Share the Care: How to Organize a Group to Care for Someone Who is Seriously Ill*
- *Complete Bedside Companion*
- *36-Hour Day: A Family Guide to Caring for Persons with Alzheimer’s Disease, Related Dementing Illness, and Memory Loss in Later Life*

CARING FOR CHILDREN

- *Child Custody -- Building Parenting Agreements That Work*
- *Grandparents’ Rights*
- *Legal Research*
- *To Grandma’s House We Stay: When You Have to Stop Spoiling Your Grandchildren and Start Raising Them*
- *Robert Lives with His Grandparents*
- *Grandparents as Parents*

Videos

CARING FOR AN OLDER LOVED ONE

- *How to Care for Someone on Bed Rest*
- *How to Help Someone Who Uses a Wheelchair*
- *Creating Healthy Home Care Conditions: Infection Control*
- *How to Manage Medications*
- *Fall Prevention*
- *Fire Safety*
- *Death and Dying: On Our Own Terms*

HELP FOR CAREGIVERS

- *A Prescription for Caregivers: Take Care of Yourself*
- *Family Guide to Long-Term Care (Vols. 1, 2, 3)*
- *Video Respite*
(Provides meaningful activities for memory-impaired persons while caregivers take a break)
 - *Gonna Do a Little Music*
 - *Movement, Music and Memories*
 - *Ladies, Let’s Chat*
 - *A Kibitz with David*
 - *A Visit with Maria (Spanish)*
 - *Celebrating African American Culture*
- *The Educated Caregiver Series*
 - *Coping Skills*
 - *Hands-On Skills*
 - *Other Components of Being a Family Care Partner*

CARING FOR CHILDREN

- *Introduction to the Family Court of the State of Delaware*
- *Grandparents Raising Grandchildren*